



Growing through times of change

Week 1 Reflection



St Paul's
LUTHERAN CHURCH BOX HILL

Romans 5:1-5

Therefore, since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
through whom we have obtained access to this grace in which we stand;
and we boast in our hope of sharing the glory of God.

And not only that,
but we also boast in our sufferings,
knowing that suffering produces endurance,
and endurance produces character,
and character produces hope,
and hope does not disappoint us,
because God's love has been poured into our hearts
through the Holy Spirit that has been given to us. (NRSV)

- Which words and images stay with you from this reading?
- Where do you see hope at the moment?
- What is the possibility, the 'gentle maybe', that you hold in your heart during these times?

Loving God, you surround us with your peace, even as we struggle with suffering.
Pour your love into our hearts so that we may share in the hope that does not disappoint us.
Help us to see the possibilities and opportunities of each day.
Amen.

Where's your focus?

In times of change and challenge, we have 3 areas where we can focus:

On the threat – those things that cause concern or have the potential to negatively impact us

On maintenance – those things that we need to do to keep life going

On possibility – those things that create a sense of opportunity and a source of hope

I wonder which one has been your major focus?

Each of these is valid. In order to keep ourselves safe, to keep life going and to have a hope for the future
we need to ensure that all three get some of our attention.

In order to change and grow – to give ourselves a chance to make the very best of all circumstances,
it's vitally important that we pay attention to what we pay attention to.